



A PUBLICATION OF THE STONEHAM SENIOR CENTER

Stoneham Sentinel

136 Elm Street, Stoneham, MA 02180 - www.stonehamseniorcenter.org
Open Mon-Friday 8:30 am-4:00 pm
(phone) 781-438-1157 781-438-1161 (fax) 781-279-4904

SEPTEMBER 2019



Program Highlights:

ARTMATTERS: DANCE AND MUSIC Come explore images showing how art, dance, and music are all related **Pg 3**

TRAVELING LIBRARIAN: Jeff Klapes shares a unique view of the country of France **Pg 3**

BRUCE HAMBRO PRESENTS BARBRA STREISAND: Historian Bruce Hambro takes us through the life of this amazing performer **Pg 3**

SENIOR SPOTLIGHT Do you qualify for the tax work-off program? Great chance to exchange work for tax break! **Pg 8**

REP MICHAEL DAY HOSTS AUTUMN COOKOUT. **Pg 8**

STONEHAM SENIOR CENTER OPEN HOUSE! Welcome to this annual event highlighting many of our Senior Center programs! *If you have an antique vehicle to show, please register at www.stonehamseniorcenter.org.* **Pg 8**

SOAP-MAKING WORKSHOP: Easy and fun! **Pg 9**

BUFFY THE THREE-LEGGED DOG A story of love and rescue **Pg 9**

SENIOR CENTER ANNOUNCEMENTS:

- ♦ **YOU WON!** Congratulations to **Chris Siliakos**, winner of Exercise Bingo for July! Come grab a Bingo card and join a class!
- ♦ The Senior Center is **CLOSED FOR LABOR DAY**, Monday September 2

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MELD, Inc. is a local community foundation focused on educational and cultural programs in Stoneham. Programs supported by MELD are indicated by the organization's logo.



THE SENIOR CENTER FRIENDS OF STONEHAM is a nonprofit corporation formed in 2010 for the purpose of funding education, social services and programs offered at the Senior Center. Programs supported by the Friends are indicated with the handshake logo.



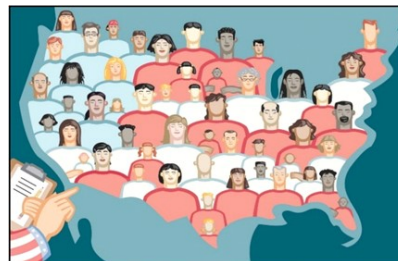
2020 CENSUS INFO:

THE CENSUS WILL BE COMING OUT IN APRIL 2020!

It is important to fill out the census to help estimate the amount of federal funding for each community and state.



Know that the census will never ask for your Social Security number, credit card info, banking info or donations.



By law, the census bureau cannot share your answers with any other government agency.



THANK YOU TO OUR GENEROUS DONORS!*

- * Men's Cards
- * Rosalie Cioffii



Like us on Facebook
www.facebook.com/StonehamSeniorCenter



The mission of the Stoneham Council on Aging is to provide outstanding services with kindness, respect and dignity and to offer outreach services for social, nutritional, medical issues and other unmet needs of Stoneham Seniors.

GOINGS ON AT THE CENTER

Let's look back at some of the events that happened at the Senior Center this past month!



Through generous support from MELD, the program ARTMATTERS gives us the opportunity to experience museum quality lectures and artwork that educates and entertains. Join us for the next event!

Congratulations Yvonne Burbine and her daughter, the lucky winners of our recent drawing!



Bocce anyone? A few of our bocce players showing what a fun and friendly sport it is! Anyone is welcome. Do you know what a "pallina" is?



If you see our young friend, Georgie, be sure to say hello! In addition to helping out in the Bargain Barn, he created this "friendship garden" to add color and warmth to the Senior Garden. Way to go, Georgie!


ARTS & ENTERTAINMENT

ARTMATTERS: DANCE AND MUSIC
Tuesday, Sept 10, 1PM, free The human brain is an amazing thing. We use visual images to communicate with one another as a species. We look at images with our eyes, but pictures can connect us to our other senses as well; sound, touch, even taste & smell. We hear the music, feel the movement and can remember events in our lives with all of our senses, just by looking. Join us for some "sensory recall", as we look at images that let us listen, dance and connect to the world and our own lives.

MELD
Senior Center

SOAP-MAKING WORKSHOP

Friday, Sept. 6 at 1pm

Join Mary for a Soap making Workshop with DuckieSoaps. You will learn how to make soap and leave the center creating a bar of soap of your own to take home. Sign up at the front desk.  Limit 15- \$5/person

BRUCE HAMBRO PRESENTS "HELLO GORGEOUS" A BIOGRAPHY OF BARBRA STREISAND:

Monday Sept 16 at 2:00 pm; In this audio-video presentation, you will follow the rise to stardom of this iconic performer, who has won every award offered in show business. Learn why Barbra Streisand is the best female recording artist of all time! Please sign up at the front desk!
Free event generously supported by the Stoneham Cultural Council.

TRAVELING LIBRARIAN, Jeff Klapes

At the Senior Center on Wednesday, Sept 4, 6:00 pm. Free event thanks to support from Stoneham Cultural Council. Jeff will present a program featuring the Dordogne in France, focusing on its castles, gardens, villages, as well as foods and other tastes of the region.

Jeff has been Head of Reference Services at Wakefield's Beebe Library for over 20 years, where he is also known as the "Traveling Librarian". Having visited more than 50 countries and four continents over the years, he does frequent armchair travel presentations showcasing the history and culture of various places, using photography to capture people, scenery, and local details. Sign up at the front desk!

*sign
up
now*

DON'T MISS OUT!
 Our programs fill
 up quickly, so be
 sure not to miss



**out! Sign up at the front desk or call
 the Center at 781-438-1157
 to reserve your spot!**

CRAFTS, MOVIES & GAMES

Craft Group - Join the gang on Mondays, 10am.

Chair Caning - Every Tuesday from 9-11:30am.

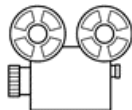
Knitting & Crocheting - Join Rona and friends on Wednesdays from 10am-Noon

Painting with Howard. Thursdays at 9:30am. Bring your own project and supplies.

MOVIE AND PIZZA

Every Thursday at 12:30pm; \$2/ person. Enjoy a movie and pizza at the Senior Center.

Thanks to **Andrea's House of Pizza** at 498 Main Street (781) 438-4274 for the weekly donation of "EXTRA ORDINARY" pizza!



9/5 THE OATH (Comedy) Ike Barinholtz Tiffany Haddish; Who will sign the loyalty oath to the president?

9/12 LITTLE ITALY (Rom-Com) Emma Roberts, Hayden Christensen; Romance of lifelong pals is threatened.

9/19 CAN YOU EVER FORGIVE ME? (Drama) Melissa McCarthy, Richard E. Grant; About real-life literary forger, Lee Israel

9/26 A DOG'S WAY HOME (Family Adventure) Ashley Judd, Bryce Dallas Howard; Heartwarming adventure of a devoted dog on a 400 mile journey home.

MEN'S & WOMEN'S HAIRCUTS With/SIS

The Barber Shop is open on Monday mornings, 9AM- 12:30PM. Haircuts are \$10 at the Senior Center. Walk-ins welcome!.


CARDS AND GAMES



Cribbage Group	Mon & Fri 10 AM
Men's Cards	Tu & Th 12:45 PM
Mahjong	Tues 12:30 PM
Wii Bowling	Wed 9:00 AM
Bingo	Wed 1 PM
BB Bridge	Wed 12:30 PM
Canasta Hand & Foot	Fri 10 AM
Board & Card Games	Fri 10 AM

GOOD TO KNOW!



Computer classes will begin on Sept 18 from 9:30-11:30 at the Boys and Girls Club on 15 Dale Court and continue every Wednesday (no holidays) through the year. No registration required, just drop in! 

FREE BLOOD PRESSURE CLINIC

9/9 10-11 Stoneham Board of Health

9/19 11:30-12:30 Additional Care

9/26 1:30-2:30 Hallmark VNA and Hospice



DID YOU GET A NEW MEDICARE CARD?

Last summer, new Medicare cards were mailed to all Medicare beneficiaries. Your new card has a Medicare Number that is unique to you, instead of your Social Security Number, to help protect against identity theft. The

MEDICARE HEALTH INSURANCE	
Name/Nombre	JOHN L SMITH
Medicare Number/Número de Medicare	1EG4-TE5-MK72
Entitled to/Con derecho a	HOSPITAL (PART A)
Coverage starts/Coertura empieza	03-01-2016
	MEDICAL (PART B)
	03-01-2016

new cards look like this:

Beginning January1, 2020 you must use your new Medicare card: the old cards with your Social Security Number will not be accepted by doctors, hospitals, pharmacies, etc. If you did not receive a new card, or cannot find your new card, you should:

1. Call 1-800-MEDICARE (1-800-633-4227).
2. Request a new card: there might be a problem that needs to be corrected, like updating your mailing address.
3. Sign in to your MyMedicare.gov account. If you don't have an account yet, visitMyMedicare.gov to create one. You can sign in to see your Medicare Number or print an official copy of your card

Guard your Medicare card like it's a credit card. Let your doctor, hospital, or other health care provider see your new card as soon as you receive it. Old Medicare cards with Social Security Numbers should be shredded.

MEMORY CAFÉ—STONEHAM COA

Monday Sept 9 at Fusilli's Cucina 107 Main St, Reading, sponsored by Edward Jones Financial Edward Jones
MAKING SENSE OF INVESTING
 Please note this is not a support group, drop-off, or respite program. A caregiver must accompany participants who require personal assistance. There is no cost for this gathering but an RSVP is appreciated at 781-438-1157.

CAREGIVER SUPPORT GROUP

Thursday, Sept 5 and 19 at 10am Are you caring for a loved one with Alzheimer's or related dementia? Join us at the Center for Education and Support with Kathy Learned of Mystic Valley Elder Services. This program will run on the first & third Thursday of every month at the Senior Center. Please sign up at the Center.

SURVIVING LOSS AFTER 60

Meets the first and third Tuesday every month 10-11:30
 Hallmark Health VNA and Hospice 178 Savin St, 3rd floor, Malden.
 No fee but registration is required. Please call Judy Seifert at 781-338-7861.

PARKINSON'S SUPPORT GROUP -STONEHAM

Tuesday, Sept 3 @1 pm This peer-led Parkinson's Disease Support Group meets on the first Tuesday of each month

CHAIR MASSAGES

Thursday, Sept 12 from 11 am-1 pm, \$5
 There are chair massages on the second Thursday of the month from 11am-1pm! Each massage will be 15 minutes with the goal to help alleviate stress and pain. Sign up for a time slot at the Center or drop by and check for any openings.

RELAXATION CIRCLE WITH ANGELA SHEA:

Every Tuesday, 11AM \$2 Join us as we focus and practice various simple techniques that can be used daily to aid in relaxing and help begin the 'mind-body-spirit' connection. These include breathing and loosening exercises as well as meditations

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Is living with chronic pain affecting your life? Chronic pain may cause sleep loss, increased stress and loss of motivation around everyday activities. Learn to manage pain and continue living a fulfilling life through this **FREE** six-session evidence-based self-management program. Wednesdays, September 25th - October 30th from 10:00am to 12:30pm at the Mountain View Terrace Apartments, 200 Mountain View Drive; Stoneham. Sponsored by Melrose Wakefield Healthcare, Inc. **Registration is required SPACE IS LIMITED** please call 781-338-7823.

DAILY LUNCH WITH SENIOR FRIENDS!

Join us Monday, Wednesday, and Friday at noon for a nutritious hot lunch provided by Mystic Valley Elder Services. Boxed lunch is available Tuesday and Thursday. Please call 781-388-2303 to reserve your meal by noon the previous business day. Look for the daily menu within the calendar on page 6-7 A \$2 donation is recommended.

Coffee & Conversation Every Monday & Friday at 9:30AM Join us for lively conversation and goodies. All are welcome!

Men's Breakfast Enjoy a hot delicious breakfast and great conversation. Sept 11 and 25, 8 AM.



Thank You to Our Generous Donors

DONATION FORM

YES! I WANT TO HELP SUPPORT THE SENIOR CENTER.

Please make checks payable to: Stoneham Senior Center, 136 Elm Street, Stoneham MA 02180.

My donation in the amount of \$ _____ is enclosed.

Name: _____

Address: _____

City _____ State: _____ Zip _____

Phone: _____ Email _____

____ Check here if you do not wish your \$10 or above donation to be listed in the Sentinel.

Donation made (select one)

____ for the Stoneham Senior Center ____ In memory / honor of

If you would like for us to send an acknowledgment of your honorary or memorial gift, please add recipients name/ address below:



Mystic Valley Elder Services (MVES) is a nonprofit agency which partners with elders, adults living with disabilities, and caregivers residing in Stoneham and surrounding towns. They help you find what you need to live the way you want.

MVES works one-on-one with adults 60+ and adults of all ages living with disabilities to connect you to services that support your health, well-being, and independence. They provide care management, coordinate services and refer you to appropriate healthcare and home care providers. Many of the services are free or low-cost, depending on your income. For more information, give them a call at 781-324-7705.

WHAT'S OPEN ENROLLMENT?

It is almost here...Medicare's Annual Open Enrollment

It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2020.

During Medicare's Annual Open Enrollment (October 15 – December 7), you will have a chance to change your plan for next year. If you never had a drug plan, this is your opportunity to join one. SHINE (Serving the Health Insurance Needs of Everyone....on Medicare) counselors can help you understand your plan changes, as well as explain other options you may have. **Appointments are limited so make your appointment soon.** Please bring your Medicare card and list of prescription medications with you to your appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please call the front desk at 781-438-1157. You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845, leave a message and a counselor will return your call as soon as possible.

Mary Zatta.

Outreach Coordinator

THE BARGAIN BARN IS...

- ♦ Open every Thursday through the summer from 10am-2pm with yet to be discovered treasures for the thrifty shopper!
- ♦ Grateful for clean, gently used goods: costume jewelry, watches, antiques, lamps, picture, handbags, unopened puzzles, knick-knacks, craft supplies, books, DVD movies, music CDs, small furniture, hand tools (not power), mirrors, small gardening tools in good condition.
- ♦ Gives proceeds directly back into the Senior Center to fund many of our well-loved programs.
- ♦ **CLOSING SEPTEMBER 26!**

Come in and find a treasure of your own!

ASK THE NURSE

"I have always thought of myself as a teetotaler but lately I have been enjoying having a drink when I go out with friends. Now I find myself drinking at home at night when I am alone. Should I be worried?"

Adults of any age can have problems with alcohol. In general, older adults do not drink as much as younger people but they can still have trouble with drinking. As folks age, their bodies change. They can develop health problems or chronic diseases. They may take more medications than they used to. Mixing alcohol and some medications can cause sleepiness, confusion or lack of coordination which may lead to accidents and injuries. All of these changes can make alcohol use a problem for older adults. When people age, their sensitivity to alcohol increases as their tolerance decreases. The percent of their body weight composed of water decreases and alcohol, which is water soluble, affects them more quickly and to a greater degree. Alcohol takes longer to metabolize in older persons, accumulating in their bodies and leading to intoxication if consumption is not controlled. Older women, because of their physical make up, are more vulnerable to the negative effects of alcohol. Growing older brings on many changes in health, lifestyle, family obligations, work roles and sources of support. It can also bring physical pain, stress, loneliness and loss of mobility. Not surprisingly, the signs of alcoholism are different in older adults than in younger people. Abuse among the older population is often hidden, overlooked and misdiagnosed because it sometimes mimics symptoms of other medical and behavioral disorders common among this population, such as diabetes, dementia and depression. Medications stay in the body for at least several hours. You can still experience a problem if you drink alcohol hours after taking a pill. Read the labels on all medications and follow the directions. Some medication labels warn folks not to drink alcohol when taking the medicine. Ask your doctor, pharmacist or other health care provider whether it is okay to drink alcohol while taking certain medicine.

Remember dear Reader, moderation is key as in everything. If having a drink at night helps you sleep, try having a nice cup of Chamomile tea, very relaxing and better for you.



FREE HEARING CLINIC WITH APEX HEARING CARE

Wednesday, Sept 18, 12 pm. Sign up for a Free Hearing Screening or a check of existing hearing aids. Call (781) 438-1157 appointment. Call (781) 872-1222 if you have questions.

TIMELESS TRIVIA

Tues. Sept 3 and 17 at 1:30pm

Join us for coffee, snacks, prizes, and themed trivia games. Sign up at the front desk.

Monday	Tuesday	Wednesday
<p>LABOR DAY 2</p>  <p>SENIOR CENTER CLOSED!</p>	<p>3</p> <p>Box lunch available: Egg salad (V) sandwich</p> <p>9:00 Sorenson Aerobics Boys & Girls Club 9: Chair Caning 9-11 SHINE 12:30 Mah-Jongg 12:45 Men's Cards</p>	<p>HOT: Greek chicken w COLD: Turkey and Swi 8:30 Sorenson Aerobic 10 Knit/Crochet 10 Bocce 11 Zumba 11:45 Seated Zumba 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi</p>
<p>9</p> <p>HOT: Teriyaki salmon strips COLD: Chicken salad sandwich</p> <p>8:30 Sorenson Aerobics 9 Haircuts 9:30 Coffee & Conversation 9:45 Zumba 10 Cribbage; Craft Group 11 Balance & Coordination</p> 	<p>10</p> <p>Box lunch available: Cottage cheese fruit plate V</p> <p>9:00 Sorenson Aerobics Boys & Girls Club 9: Chair Caning 9-11 SHINE 12:30 Mah-Jongg 12:45 Men's Cards</p>	<p>HOT: Lentil stew COLD: Turkey deluxe s 8:00 Men's Breakfast 8:30 Sorenson Aerobic 8:30 Walking Club 10 Knit/Crochet 10 Bocce 11 Zumba 11:45 Seated Zumba 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi</p>
<p>16</p> <p>HOT: Stuffed shells (V) COLD: Turkey and provolone sandwich</p> <p>8:30 Sorenson Aerobics 9 Haircuts 9:30 Coffee & Conversation 9:45 Zumba 10 Cribbage; Craft Group 11 Balance & Coordination ()</p>	<p>17</p> <p>Box lunch available: Chicken pesto Caesar salad</p> <p>9:00 Sorenson Aerobics Boys & Girls Club 9: Chair Caning 9-11 SHINE 12:30 Mah-Jongg 12:45 Men's Cards</p> 	<p>HOT: Orange almond o COLD: Tuna salad san 8:30 Sorenson Aerobic 8:30 Walking Club 10 Knit/Crochet 10: Bocce 11:Zumba 11:45 Seated Zumba 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi</p>
<p>23</p> <p>HOT: Baked fish in broccoli cheese sauce COLD: Curry chicken salad sandwich</p> <p>8:30 Sorenson Aerobics 9 Haircuts 9:30 Coffee & Conversation 9:45 Zumba 10 Cribbage; Craft Group 11 Balance & Coordination</p>	<p>24</p> <p>Box lunch available: Turkey and Swiss sandwich</p> <p>9:00 Sorenson Aerobics Boys & Girls Club 9: Chair Caning 9-11 SHINE 12:30 Mah-Jongg 12:45 Men's Cards</p>	<p>HOT: Mac and cheese COLD: Roast beef and 8:00 Men's Breakfast 8:30 Sorenson Aerobic 8:30 Walking Club 10 Knit/Crochet 10 Bocce 11:Zumba 11:45 Seated Zumba 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai chi</p>
<p>30</p> <p>HOT: Baked fish in a broccoli cheese sauce COLD: Roast beef and provolone sandwich</p> <p>8:30 Sorenson Aerobics 9 Haircuts 9:30 Coffee & Conversation 9:45 Zumba 10 Cribbage; Craft Group 11 Balance & Coordination</p> 	 <p>September is Better Breakfast Month</p>	

EMBER

Wednesday	Thursday	Friday
<p>4</p> <p>with potatoes ss sandwich cs & Walking Club</p>	<p>5</p> <p>LABOR DAY SPECIAL: Hamburger with cheese, cole slaw</p> <p>8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 Flexibility & Strength 12:30 Movie & Pizza 12:45 Men's Cards 1:15 Chair Yoga</p> 	<p>6</p> <p>HOT: Vegetable lasagna COLD: Roast beef and swiss sandwich</p> <p>8:30 Sorenson Aerobics 9:30 Coffee & Conversation 9:45 Gentle Yoga 10 Cribbage 10 Canasta 12:45 Take a seat chair yoga 1 Board & Card Games 1 Walmart Shopping</p>
<p>11</p> <p>sandwich</p> <p>cs</p>	<p>12</p> <p>Box lunch available: Roast beef and provolone sandwich</p> <p>8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 Flexibility & Strength 12:30 Movie & Pizza 12:45 Men's Cards 1:15 Chair Yoga</p> 	<p>13</p> <p>HOT: Cranberry chicken COLD: Tuna salad sandwich</p> <p>8:30 Sorenson Aerobics 9:30 Coffee & Conversation 9:45 Gentle Yoga 10 Cribbage 10 Canasta 12:45 Take a seat chair yoga 1 Board & Card Games 1 Walmart Shopping</p>
<p>18</p> <p>chicken dwich cs</p>	<p>19</p> <p>Box lunch available: Ham chef salad</p> <p>8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 Flexibility & Strength 12:30 Movie & Pizza 12:45 Men's Cards 1:15 Chair Yoga</p>	<p>20</p> <p>HOT: Hot dog and beans' COLD: California chicken salad</p> <p>8:30 Sorenson Aerobics 9:30 Coffee & Conversation 9:45 Gentle Yoga 10 Cribbage 11 Canasta 12:45 Take a seat chair yoga 1 Board & Card Games</p>
<p>25</p> <p>(V) swiss sandwich cs</p>	<p>26</p> <p>Box lunch available: Vegetarian chef salad</p> <p>8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 Flexibility & Strength 12:30 Movie & Pizza 12:45 Men's Cards 1:15 Chair Yoga</p> 	<p>27</p> <p>HOT: BBQ pulled pork, rice and beans COLD: Tuna salad sandwich</p> <p>8:30 Sorenson Aerobics 9:30 Coffee & Conversation 9:45 Gentle Yoga 10 Cribbage 10 Canasta 12:45 Take a seat chair yoga 1 Board & Card Games</p>

BETTER BREAKFAST MONTH

There is no better time to celebrate breakfast than during the entire month of September. It's Better Breakfast Month! Breakfast is considered the most important meal of the day and has many health benefits. Eating a regular morning meal helps control weight, avoid fatigue, and can guide us towards eating healthier meals regularly throughout the day!.

PROGRAM SPOTLIGHTS



STONEHAM RESIDENTS CAN PARTICIPATE IN A TAX WORK-OFF PROGRAM FOR 2019-2020



Here's how you qualify!

Stoneham offers property tax relief for older adults by participating in the state's Property Tax Work-Off Program. This program allows older adults to work for their local government in exchange for a reduction in property taxes.

Eligibility

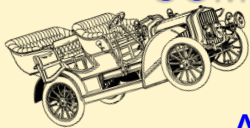
- Must be 60 years of age or older
- Must be homeowner (or spouse of homeowner) and occupy the home
- Income must not exceed \$51,000 for a senior household of one person or \$58,000 for two persons.
- Assets (excluding home equity) must not exceed \$150,000
- Must have owned property for at least 5 years
- Only one volunteer abatement per household per year

Please call Maureen Canova, Director of the Stoneham Council on Aging at 781-438-1157 if you are interested in finding out more about this program. **All participants will earn \$750 off their property tax bill for 60 hours of work.**

COME TO THE ANNUAL STONEHAM SENIOR CENTER OPEN HOUSE

SEPTEMBER 28, 10-2 PM

ANTIQUE CAR SHOW! BARGAIN BARN OPEN!
REFRESHMENTS! DRAWINGS!



September is National Senior Center Month! This is a great opportunity to invite you to our Center to see demonstrations of many of our programs. There is truly something for everyone at every level and participation is up to you! Whether it's exercise, crafting, education, or socializing, you can engage in something fun! We'll even make it easy to get here and back so don't wait. Join us and see what all the fun is about!

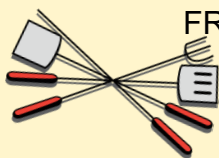
If you have an antique car you'd like to show, register at www.stonehamseniorcenter.org!

SENIOR COOKOUT WITH STATE REPRESENTATIVE MICHAEL DAY

Please join us for a cookout hosted by State Representative Michael Day and the Stoneham Council on Aging

FRIDAY SEPTEMBER 13 NOON-2 PM at the Senior Center

Kindly call the front desk to reserve your place!



GOVERNMENT

STATE SENATOR JASON LEWIS

Holds office hours at the Center every month Please visit September 9 at 12 PM.

STONEHAM COUNCIL ON AGING

Board of Directors meet on the third Tuesday, September 17 at 3 PM at the Center. Meetings are open to the public.

RESOURCES

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Attorney Susan Mooney will visit the Senior Center on Sept 9. Call (781) 438-1157 for an appointment.

VETERANS SERVICES

Stoneham Veterans Agent James Devlin is available at the Senior Center Monday through Friday from 8AM-4PM. Veterans who need assistance with their benefits, i.e. Aid and Attendance pension, should call Jim at (781) 279-2664 to schedule an appointment. No drop-ins.

SHINE COUNSELING

Confidential counseling available at the Center on Tuesdays 9-11 and Wednesdays 11AM-2PM. Get help with such topics as Medicare, Medicaid, and prescription drug coverage. Call (781) 438-1157 to schedule an appointment.

WALKERS, COMMODOES, CANES, OH MY!

Are you or a loved one in need of a little extra mobility assistance? We've got what you need! Stop by the Stoneham Senior Center to check out our large inventory of FREE gently used walkers, commodes, canes and other assistive devices. Call 781-438-1157 for further inquiries

COMMUNITY DINNER

The First Congregational Church in Stoneham serves dinner every Tuesday evening at 5:45 pm. You can help cook, serve, or clean up! For more information, please call 781-438-0097

COMMUNITY

FOOD PANTRY AT THE FIRST CONGREGATIONAL

The First Congregational Church in Stoneham/God's Helping Hand Food Pantry is a non-profit, volunteer organization with a mission to provide supplemental food supplies to Stoneham residents who need a helping hand.

If you are a Stoneham resident and are in need of food, you can receive assistance from the FCCS/God's Helping Hand Food Pantry, regardless of your religious affiliation, if any. The Food Pantry stocks non-perishable foods, some household supplies and toiletries, and a limited supply of frozen and refrigerated items such as cheese, eggs, and frozen meats.

You may visit the pantry once a month, by appointment, to select groceries you know will be used by your household. (Don't forget to bring your reusable shopping bags!) The pantry is open each Tuesday, and you can schedule your monthly appointment by calling the church office at 781-438-0097 between 8:30—2:30 Monday through Friday.

WHO IS BUFFY THE THREE-LEGGED PIT BULL?

Friday Sept 6 at 3:00 pm. Maybe you've read about her in the Boston Globe? Buffy lives in the Boston area with her friend, Ewa Erdman. Once a shelter dog in Tennessee, Buffy was overlooked many times because she only had three legs. Ewa and Buffy decided to adopt each other and together they set out on a mission to bring joy to people who are less fortunate. Come spend some time with Buffy and Ewa as the author reads her new book "Buffy the Three Legged Pit Bull" and bring along anyone who may enjoy hearing this touching story. Sign up at the front desk or call 781-438-1157 to reserve a spot!

TRIPS & TIPS (cont)

TRIP TO WRENTHAM FOR TRIBUTE CONCERT TO BILLY JOEL AND ELTON JOHN: *Thursday October 17,* Join **Best of Times Travel** as they recreate this classic musical tour featuring the greatest hits of Elton John and Billy Joel. Cost is \$92 and includes transportation, luncheon (choice of chicken or fish), show, tax, and gratuity. Checks can be made to Best of Times Travel. Pick up is from the Stoneham Senior Center. Call Maureen Canova (781-438-1157) for further information.



Welcome

We are happy to welcome Mary Marhafer as our new Activities Coordinator! Mary will be arranging monthly trips and social events at the Center, like the Foliage Turkey Train Tour and the Soap Making class.

We look forward to many future travel adventures with Mary!

TRIPS & TIPS

BOSTON STAGE COMPANY PRESENTS LAST NIGHT AT BOWL-MOR LANES *Sept 25, 2:00 pm* Cost: \$32 Find out what happens when a couple of old broads break into a bowling alley! Gutter. Ball. Gold. (Please make checks payable to BSC)

ANNOUNCING DAY TRIPS WITH MARY!

Activities Coordinator, Mary Marhafer, arranges monthly Day Trips and activities to various locations throughout New England. Checks or cash, no bills over \$50 please.

FOLIAGE TURKEY TRAIN TOUR: *Monday October 21, \$93. Depart Sr. Ctr 10 am returning 7 pm.* Foliage day trip to Meredith NH for the "Turkey Train" at the Hobo Railroad, 2 hour scenic ride with turkey dinner and fixins by Harts Turkey Farm. Sign up at the Center and kindly make checks payable to Stoneham Sr. Center.

FITNESS

WEEKLY CLASSES

PLEASE TAKE NOTE: WEEKLY CLASSES ARE LISTED BELOW AS THEY OCCUR ON A REGULAR BASIS. !

Get moving, get fit, & get healthy with the variety of exercise programs we have at the Center. All classes are \$2 per class, with the exception of Advanced Tai Chi, payable to the Senior Center upon arrival to classes. Each class has a max size of 25 participants on a first come, first serve basis. Participants must be 60 years old or older and ALL classes are open for men and women.

Monday

- * Jacki Sorenson Aerobics; 8:30AM-9:30AM
- * Zumba 9:45-10:45AM
- * Balance & Coordination with Nancy; 11-12:00 PM

Tuesday

- * Jacki Sorenson Aerobics, 9 AM, Boys and Girls Club

Wednesday

- * Jacki Sorenson Aerobics, 8:30AM-9:30AM
- * Walking Club, 8:30AM, approximately 1 mile. Breakfast to follow sponsored by Stoneham ME Federal Credit Union.
- * Zumba, 11AM
- * Seated Zumba 11:45 \$2.00
- * Advanced Tai Chi - 2:15PM, drop in \$5

Thursday

- * Jacki Sorenson Aerobics, 8:30AM-9:30AM
- * Line Dancing, 10AM-11AM
- * Flexibility & Strength with Nancy, 12PM-1PM
- * Chair Yoga, 1:15PM

Friday

- * Jacki Sorensen Aerobics, 8:30-9:30AM
- * Gentle Yoga with Leila, 9:45-10:45A
- * Take a seat chair yoga 12:45PM

NEW CLASS!

TAI CHI FOR BEGINNERS: Sept 18-Nov 6, 1-2 pm Introduction to sun style Tai Chi. Free class with certified instructor Susan Becker—limited to 15 people. Call to reserve your spot!

THANK YOU TO OUR FITNESS CLASS SPONSORS



TRANSPORTATION

SENIOR CENTER VAN

To and From the Center

If you need a ride to the Center, call (781) 438-1157. The comfortable 13-passenger van is available to transport you to and from the Senior Center on Mon, Wed, Thurs and Fri from 8:30AM until 3PM and Tues from 8:30-11AM. **This is a curb-to-curb service. Drivers are not able to assist passengers with physical limitations. Transportation is available to seniors (60 and over) who live independently in the community. Please remember your reusable bags!**

-Cheap Eats - Tuesdays 11:30AM-3PM \$3 plus cost of your lunch. Call (781) 438-1157.

-Grocery Shopping - Pickup between 8:45-9:15AM (3 Bag Limit), \$3, Mondays and Fridays Stop & Shop in Reading and Market Basket in Reading

-Main Street Quick Stops - Wednesdays 9-11AM; \$3 Starts at CVS in Redstone and runs continuously to the Library and back. Call the day before for home pick-up before 9AM.

Shopping Trip to Walmart -Fri 9/20 (third Friday), 1-3PM; \$3



ADDITIONAL TRANSPORTATION SERVICES

Medical Appointments

Transportation is available to medical appointments between 9:00 am-3 pm upon availability of a volunteer driver or the new medical van. Services can be provided only between these hours. While we always try to accommodate medical rides with our volunteers, if one is not available, please be prepared to make other arrangements: **Please note: five working day advance notice is required.** Call (781) 438-1157 to schedule.

Medication Disposal

Mondays from 10AM-Noon
The senior van will bring you to and from the police station to dispose of your unused and expired medications and prescriptions. Call (781) 438-1157 to sign up.

MBTA "The Ride" - Call (617) 337-2727.

Charlie Card

For those who need to renew or obtain a "Charlie Card", call the MBTA T-pass program at 1-888-844-0355

MVES Trip Metro North Program

If you're 60+ or an adult living with a disability, don't drive, and public transportation isn't an option, you can still get to appointments, visit friends, dine out, and have a life with TRIP. This free program gives you money to reimburse friends neighbors, and in some cases, certain relatives, for taking you where you want to go. Call (781) 388-4819 to learn more.



BYE BYE! Best wishes to Ann Frost, a wonderful receptionist, Barn volunteer, and one-man welcoming committee at the Center for many years. Her husband, Floyd, was our annual hot-dog cooker for the Open House. Thank you for serving!



HELLO! Shout out to Gary Cooper (L) and John Mandracchia (R) for being great drivers. Always dependable ready with a smile and a helping hand, where would we "go" without them?!

Senior Center/Council on Aging

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Virginia Powers Receptionist
Mary Marhafer, Activities Coord

136 Elm Street
Stoneham, MA 02180

781-438-1157

781-438-1161

Stonehamseniorcenter.org

Open Mon-Fri 8:40-4:00 pm
Lunch daily at noon

The Senior Center Friends of Stoneham is a nonprofit corporation formed in 2010 for the purpose of funding education, social services and programs offered at the Senior Center. Funds are raised from individual donations, the weekly Bargain Barn, annual appeals, drawings, and the penny jar, along with special events. Programs supported by the Friends are indicated with the handshake logo.